

What is claimed is:

1. A sole, comprising:
a first material having a plurality of extensions;
a second material having a plurality of sections; and
each section being spaced apart from an adjacent section by at least one extension being placed between said each section and said adjacent section.
2. The sole according to claim 1, wherein said first material has a modulus of elasticity higher than said second material.
3. The sole according to claim 1, wherein said first material has a hardness lower than second material.
4. The sole according to claim 1, wherein said first and second materials have the same modulus of elasticity and hardness.
5. The sole according to claim 1, wherein the sole further comprises a top surface and a bottom surface.
6. The sole according to claim 5, wherein said first material extends from said top surface to said bottom surface.
7. The sole according to claim 5, wherein said first material extends from a bottom surface to a location between said top and bottom surfaces.

8. The sole according to claim 5, wherein said first material extends from a top surface to a location between said top and bottom surfaces.
9. A sole, comprising:
 - a top surface;
 - a bottom surface;
 - a first material having a plurality of extensions;
 - said first material extends from said top surface to said bottom surface;
 - a second material having a plurality of sections; and
 - each section being spaced apart from an adjacent section by at least one extension being placed between said each section and said adjacent section.
10. The sole according to claim 9, wherein said each section is discretely separated from said adjacent section.
11. A method for providing a sole, comprising the steps of:
 - molding a first material to provide a plurality of extensions;
 - molding a second material to provide a plurality of sections; and
 - spacing each section apart from an adjacent section by at least one extension.
12. The method according to claim 11, further comprising the step of providing a top surface and a bottom surface of the sole.
13. The method according to claim 12, further comprising the step of extending the first material from the top surface to a location between the top and bottom surfaces of the sole.

14. The method according to claim 12, further comprising the step of extending the first material from the bottom surface to a location between the top and bottom surfaces of the sole.

15. The method according to claim 12, further comprising the step of extending the first material from the top surface to the bottom surface of the sole.